



Statewide Commission on Children, Youth and their Families  
Office of the Deputy Mayor for Education  
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## LifeSkills Training

### Program Overview

LifeSkills Training is a classroom-based tobacco, alcohol, and other drug abuse prevention program implemented by DCPS' health and physical education teachers during health in both middle and high school. The program helps students build self-esteem and teaches them skills to resist peer pressure to abuse drugs and alcohol.

### Participation

LifeSkills Training is included in both the middle and high school health curriculums. Sixty health and physical education teachers at DCPS' middle and high schools have been trained in the program.

### Expected Outcomes

Research shows that LifeSkills Training cuts tobacco, alcohol, marijuana and methamphetamine use by up to 87%. Because of the focus on self-esteem, LifeSkills Training also reduces violence and risky driving behavior. LifeSkills Training has been recognized by the U.S. Departments of Education and Justice, the National Institute on Drug Abuse, the American Medical Association and the American Psychological Association.

### More Information

For more information on LifeSkills Training, please contact Abby Bonder by phone at 727-2986 or by e-mail at [Abby.Bonder@dc.gov](mailto:Abby.Bonder@dc.gov). For supporting research or information about implementation nationally, please visit National Health Promotion Associates on the web at [www.lifeskillstraining.com](http://www.lifeskillstraining.com).